



INVITATION – PHD DEFENCE

PETER KOLIND BRASK-THOMSEN, MD

Natural history of painful and non-painful diabetic polyneuropathy

Friday, September 27, 2024, at 15.00

In auditorium *Verdensrummet* (A201-170), Entrance A, Steno Diabetes Center Aarhus, Aarhus University Hospital, Palle Juul-Jensens Boulevard 165, 8200 Aarhus N

The defence is public, in English and expected to last 2 hours.

After the defence, The Danish Pain Research Center and Steno Diabetes Center Aarhus will host a reception.



Assessment committee

- Professor Claus Ziegler Simonsen (chairman and moderator of the defence)
Department of Neurology, Aarhus University Hospital & Department of Clinical Medicine, Aarhus University, Denmark
- Professor Christina Brock
Mech-Sense: Centre for Pain and Gastroenterology Research, Department of Medical Gastroenterology, Aalborg University Hospital & Department of Clinical Medicine, Aalborg University, Denmark
- Professor Solomon Tesfaye
Diabetes/Endocrinology Research, Sheffield Teaching Hospitals & Honorary Professor of Diabetic Medicine at the University of Sheffield, United Kingdom

Supervisors

- Clinical Associate Professor Sandra Sif Gylfadóttir (Main Supervisor)
Danish Pain Research Center, Department of Clinical Medicine, Aarhus University & Department of Neurology, Aarhus University Hospital, Aarhus, Denmark
- Professor Nanna Brix Finnerup
Danish Pain Research Center, Department of Clinical Medicine, Aarhus University, Aarhus, Denmark
- Associate Professor Páll Karlsson
Danish Pain Research Center, Department of Clinical Medicine, Aarhus University, Aarhus, Denmark



AARHUS UNIVERSITY

HEALTH – DEPARTMENT OF CLINICAL MEDICINE
Danish Pain Research Center



PRESS RELEASE

Peter Kolind Brask-Thomsen, MD, from The Danish Pain Research Center, Department of Clinical Medicine, and Steno Diabetes Center Aarhus, Aarhus University Hospital will defend his PhD thesis titled "Natural history of painful and non-painful diabetic polyneuropathy" at 15.00 on September 27, 2024. The defence is in English and will last approximately 2 hours.

Diabetic polyneuropathy is a common and debilitating complication to diabetes that affects up to 50% of all patients with diabetes. It affects the long nerves of the body, causing loss of sensation as well as unpleasant sensory disturbances in the feet and legs. Between 10-35 % of patients with diabetic polyneuropathy suffer from nerve-related (neuropathic) pain. It is currently unknown what causes this pain to develop in this patient population. Diabetic polyneuropathy, especially with concurrent neuropathic pain, impacts the quality of life of patients in various negative ways, and no satisfactory treatment exists. Despite this, diabetic polyneuropathy has often been considered an overlooked complication to diabetes, which may be the reason that there are few detailed studies on its development over time.

This PhD project followed patients with diabetic polyneuropathy and type 2 diabetes over five years using state-of-the-art diagnostic methods to determine how both diabetic polyneuropathy and neuropathic pain develop over time, which patients develop pain, what impacts this development, and how these changes affect patient quality of life and mental health.

The defence is public and takes place on September 27, 2024, at 15.00 in Auditorium *Verdensrummet* (A201-170), Entrance A, Steno Diabetes Center Aarhus, Aarhus University Hospital, Palle Juul-Jensens Boulevard 165, 8200 Aarhus N

The title of the project is *Natural history of painful and non-painful diabetic polyneuropathy*.

For more information, please contact PhD-student Peter Kolind Brask-Thomsen. E-mail: peterkbt@clin.au.dk



PRESSEMEDDELELSE

Ph.d.-forsvar: Peter Kolind Brask-Thomsen, læge, fra Dansk Smerteforskningscenter, Institut for Klinisk Medicin, og Steno Diabetes Center Aarhus, vil forsvare sin ph.d.-afhandling med titlen "Natural history of painful and non-painful diabetic polyneuropathy" den 27. september 2024 kl. 15.00. Forsvaret er på engelsk og vil cirka vare 2 timer.

Diabetisk nervebetændelse (diabetisk polyneuropati) er en udbredt og handicappende følgesygdom til diabetes, der rammer op til 50% af alle patienter med diabetes. Sygdommen rammer kroppens længste nerver og medfører tab af følesans og samtidigt ubehagelige føleforstyrrelser i fødder og ben. Mellem 10-35% af patienter med diabetisk nervebetændelse udvikler nervesmerter, og man ved ikke, hvad der gør, at nogle udvikler nervesmerter, imens andre ikke gør. Sygdommen, især med samtidig nervesmerte, har store negative konsekvenser for patienternes livskvalitet og psykiske helbred, og der findes ingen god behandling af tilstanden. På trods af dette, så har diabetisk nervebetændelse historisk set været en overset følgesygdom, hvilket måske kan forklare, hvorfor der er relativt få detaljerede studier, der beskriver sygdommens udvikling over tid.

I dette ph.d.-projekt fulgte vi patienter med diabetisk nervebetændelse og type 2 diabetes over fem år, hvor vi benyttede opdaterede, detaljerede undersøgelsesmetoder til at undersøge hvordan sygdommen og smerterne udvikler sig over tid, hvad der kendetegner de patienter, der udvikler smerter, hvilke faktorer, der har indflydelse på denne udvikling, og hvordan udviklingen indvirker på patienternes livskvalitet og psykisk helbred.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 27. september 2024 kl. 15.00 i auditorie *Verdensrummet* (A201-170), indgang A, Steno Diabetes Center Aarhus, Aarhus Universitets Hospital, Palle Juul-Jensens Boulevard 165, 8200 Aarhus N

Titlen på projektet er *Natural history of painful and non-painful diabetic polyneuropathy*.

For yderligere oplysninger kan ph.d.-studerende Peter Kolind Brask-Thomsen kontaktes på mail: peter-kbt@clin.au.dk